

# FREDERICK COUNTY RECYCLES!



## Recycle More. Waste Less.

News and Notes from  
the Frederick County  
Department of Solid  
Waste Management

Volume 2,  
Issue 3

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2010

### Inside this issue:

Tot Swap Consignment Sale	...3
Student Artwork	...4-5
Conserving Trees	...7
Business Spotlight	...8-9



## Reading, Writing, Arithmetic...and Recycling! Back to School With the "4 R's"

For students, parents and teachers starting the new academic year we'd like to offer some tips on going "green"—no matter what your school colors are!

**Lunches:** According to the U.S. Energy Information Association, the average school-age child generates 67 pounds of waste per school year just from disposable lunches. With 40,210 students in Frederick County public schools...that means 2,694,070 pounds of waste could be headed from cafeteria to landfill this year! Instead, try to pack your child a "waste-free" lunch—one in which everything can be eaten, reused, recycled or composted at home. A sturdy, stylish lunch tote and a refillable bottle are valuable investments that can both reduce waste and increase your student's nutritional choices! When packing lunches, avoid using plastic baggies or buying products in single-serve disposable packaging; instead, try placing chips, cookies and veggies in small reusable containers, or check out products like the 'Wrap-n-Mat' ([www.wrap-n-mat.com](http://www.wrap-n-mat.com)) for sealing up your sandwiches! And since paper towels are not recyclable, think about adding a few washable napkins to your back-to-school basics list.

**School Supplies:** First of all, what do you really need? Is last year's backpack worn out or still useable? Do you still have the scissors, rulers and other gear purchased from earlier classes? Did all the paper purchased for the last school year get used? Keep in mind that a single sheet of paper might contain fibers from hundreds of different trees that have collectively traveled thousands of miles from forest to store shelf. When you do need new notebooks and writing paper, you can conserve resources by looking for items made with recycled content. And what will you write with on your recycled paper products? Consider giving refillable pens and mechanical pencils a try. Or visit [www.treesmart.com](http://www.treesmart.com) for pencils made of recycled newspaper. And while steel is recyclable, did you know that there are staple-free staplers? A quick internet search for "green school supplies" finds lots of eco-options and retail supply sources.

**Electronics:** If new calculators, laptops or other digital gadgets are on your shopping list, don't forget that older items being replaced can be recycled at the electronics drop off site at the DSWM Reichs Ford Road facilities. (A fee of \$3.80 per 100 pounds of material being dropped off applies.)

**Clothing:** Old clothing can be donated to local reuse programs, such as the drop off site at the Department of Solid Waste Management (DSWM) Recycling Center on Reichs Ford Road, or local nonprofit organizations such as Goodwill and the Rescue Mission. Goodwill even accepts clothing that is no longer in wearable condition!

*Look for more features on sustainable schools inside this issue and have fun gearing up, going green and getting ready for the new school year!*

## Frederick County Public Schools Recycle



While many Frederick County Public Schools have long recycled their paper products, the past school year was the first time all schools participated in single-stream recycling of metals, glass, paper and plastics.

**Between October 2009 and June 2010, Frederick County Public Schools recycled 1,287,360 pounds of materials!**

- **Elementary schools averaged 31.77 pounds of materials recycled per person (staff and students)**
- **Middle schools averaged 29.11 pounds per person**
- **High schools averaged 21.60 pounds per person**

Congratulations and appreciation to all those who supported this program. How much more can you recycle in the 2010-2011 school year? Go team!

*Artwork by Katerina Schmidt,  
Brunswick Middle School, Grade 8*

*Submitted for our spring 2010  
"Design-a-Billboard" contest.*

*To see more great student  
artwork, see pages 4-5!*



## TerraCycle Can Help Schools and Nonprofit Groups Recycle—and Earn—More!



TerraCycle is a company that turns nonrecyclable waste (like drink pouches, candy wrappers, cosmetic tubes and other common packaging) into cool, eco-friendly products for sale. TerraCycle gathers waste packaging through programs with schools and nonprofits that pay for each piece of packaging collected. It's a perfect opportunity to turn cafeteria trash into cash!

If you'd like to get your school or organization involved, visit [www.terracycle.net](http://www.terracycle.net) for more information.

You can also go to their website to shop for unique items made from "up-cycled" waste, such as handbags and backpacks, picture frames and clipboards, kites and clocks and much more!

## Consignment— Save Green, Make Green, Be Green!

Looking for a way to keep your used-but-still-useable children’s items from being wasted? Interested in ways to buy items with less packaging? Wanting to support the local economy? Or maybe just on the hunt for a bargain? Consignment sales can help reduce your impact on the environment and reduce your children’s impact on your wallet! (Note: there are also consignment stores that specialize in household items, designer clothes and items other than children’s gear, we’re focusing on kids shopping for the back-to-school season!)

The consignment process allows new and gently used items to be resold from parent-to-parent at a fraction of the original price, thereby reducing the effect that the production and disposal of these items has on the environment. Being a consignment seller or a buyer, you get to be green in two ways: saving the environment and saving money!

Local consignment stores, such as Universal Kids, Lucy’s, or Enkore Kids, offer a year-round selection of quality goods for sale as well as the opportunity to pass on unneeded items to new families. In addition, each spring and fall Frederick plays host to the largest consignment sale event in our area, Tot Swap.

Tot Swaps are limited time sales events that feature children’s clothing, shoes, accessories, baby equipment, bedding, nursery/tot furniture, toys, indoor/outdoor play equipment, books, videos, sports gear, maternity clothing and more—just about anything for children and expectant moms! More than 300 families typically participate at each sale. The next Tot Swap event will take place at the Frederick Fairgrounds from September 29 through October 1. For more information visit [www.totswap.net](http://www.totswap.net).



## Things Don’t Go Away When You Throw Away

*Your efforts to recycle more and waste less truly matter!*

As shown by the work of Professor William Rathje of the University of Arizona, materials deposited for disposal in landfills tends to last a very, very long time. Even compostable, biodegradable materials have an incredible lifespan once buried in the tomb-like environment of a landfill (a space protected from weather fluctuations where little or no air, water, or light penetrates.)

From his studies excavating landfills established in the 1950’s, Dr. Rathje writes:

*“Almost all the organic material remained readily identifiable: Pages from coloring books that were still clearly that, onion parings were onion parings, carrot tops were carrot tops...Whole hot dogs have been found in the course of every excavation.”*

(Rathje, 2001, p.114)

The chart to the right shows a sample of the decomposition rates of various landfilled materials, as determined by Dr. Rathje’s work.

For more information on this subject, refer to Dr. Rathje’s book: *Rubbish!: The Archaeology of Garbage*. University of Arizona Press, 2001.

Waste Material	Degradation Time
Banana	3-4 weeks
Paper bag	1 month
Wool sock	1 year
Cigarette butt	2-5 years
Rubber shoe sole	50-80 years
Tin can	80-100 years
Aluminum can	200-500 years
Plastic 6-pack rings	450 years
Plastic jug	1 million years
Styrofoam cup	Unknown? Forever?

## “Design-a-Billboard” Contest Entries

Our last newsletter featured the four winning submissions to the spring “Design-a-Billboard” contest. Hopefully you’ve seen these eye-catching pieces of artwork around town on TransIT buses, or on the giant billboard on Route 355! But so many motivated students entered our contest, we wanted to feature some more of their creative efforts. We again thank all 154 students who participated, and hope everyone continues to recycle more and waste less in the school year ahead.



• Annushka Aliev, The Lucy School, Grade 2



• Ian Carr, Valley Elementary, Grade 3



• Elizabeth Cavin, Walkersville Middle, Grade 6



• Cassidy Cregan, Middletown High, Grade 10



• Loretta Donghue, Valley Elementary, Grade 3



• Anna Eyler, Walkersville Middle, Grade 6

# Big News For Recycling Education!

Frederick County is one of three regions selected nationwide to be awarded with participation in the Curbside Value Partnership (CVP) program for 2010. CVP (part of Keep America Beautiful, Inc.) aims to increase participation in residential recycling by assessing local program challenges and creating solutions via public education campaigns.

CVP education strategies include advertising, enhanced internet presence, marketing, public relations, and grassroots community-level outreach. The impact of such campaigns is then measured using the Re-Trac data management tool.

Keep an eye out in the coming months for exciting new developments a result of this collaboration! For more info on CVP's educational offerings and past work, visit [www.RecycleCurbside.org](http://www.RecycleCurbside.org).



• Emily Falco, Middletown High, Grade 12



• Alex Grisez, Brunswick Middle School



• Taylor Hull, Linganore High, Grade 12



• Sarah Rayno, Urbana High, Grade 12



• Madeleine Verby, Oakdale Elementary, Grade 5



• Milo Violette, The Lucy School, Grade K

## Pop Quiz!

Test your recycling knowledge by taking this quiz



1. Name two things that plastic bottles can be made into after recycling.
2. True or False? Recycled glass is used to pave roads.
3. By what time should your recycling cart be placed at the curb in Frederick County?
4. Which uses more energy and resources: making paper from trees or making it from recycled paper?
5. Can tissues and paper towels/napkins be recycled in Frederick County's single stream program?
6. True or False? The average American generates two pounds of trash per day.
7. Can large, rigid plastic objects, such as playground toys, lawn chairs or coolers, be recycled?
8. Do containers need to be washed clean before being recycled?
9. How many sheets of paper does the average office worker use in one year?
10. True or False? Recycling carts belong to the residents of the home at which they are located.

Answers on page 9!

## Keep Up the Good Work!

In past issues of this newsletter we have discussed the issue of *contamination*, or the nonrecyclable materials that are sometimes mixed in with collected recyclables. This trash decreases the value of the County's recyclables and creates a less efficient collection and sorting process. We have encouraged residents to refer to lists of acceptable items (a condensed list is on the lid of each recycling cart, and a full list is available online at [www.FrederickCountyMD.gov/recyclewhat](http://www.FrederickCountyMD.gov/recyclewhat)), but realize that sometimes it can be tricky to tell if something is recyclable or not. This leads us to our motto of "When in doubt, throw it out!"

**We are pleased to announce that the level of contamination in the single stream recycling program has dropped significantly in the past year!** (For information on how contamination levels are determined, refer to the article 'Sorting It All Out' in the last issue—Volume 2, Issue 2—of this newsletter, available on our website.) **The Department of Solid Waste Management wishes to congratulate residents and extend our appreciation for your efforts!** We hope you remain diligent and attentive to your household recycling endeavors; the contributions of every cart and bin count in our efforts to "Recycle More. Waste Less."



## Got Any Green Ideas?

**Does your household have a clever craft or reuse for plastic items (like using grocery bags to keep your knees clean while gardening)? Have any tips on green shopping? Or maybe you've got questions about how to recycle more and waste less? Let us know!**

**Send comments, questions and ideas to be included in a future issue of this newsletter to: [ACreamer@FrederickCountMD.gov](mailto:ACreamer@FrederickCountMD.gov)**

# Recycling Au Natural

While the last, sweltering days of summer may linger, eventually autumn will arrive and gardeners will trade in their trowels and hoses for rakes and leaf collection bags. Falling leaves are an annual bounty, a free harvest not to be missed by anyone wishing to improve their landscape's soil texture, fertility and overall health. How do leaves contribute to these things? By becoming a wonderful seasonal ingredient for your compost recipe.

Anyone who has ever walked through woods and felt the springy softness underfoot knows how good fallen leaves are for building better soil. Unlike in the forest, you don't need to let leaves lay where they fall, but can collect them for recycling via the home compost pile. Fallen leaves are a rich source of carbon and the perfect complement to balance out the nitrogen-rich additions of kitchen scraps tossed into the pile.

No compost pile? (What? Why not?!) Then try simply mowing moderate amounts of leaves so that they are finely chipped and will sift into your lawn, slowly adding rich organic matter directly at the root zone. If you have a chipper/shredder available, then the chipped leaves can be applied directly to your garden beds as a fine mulch that will add a layer of insulation for winter, as well as extra organic matter for next year's growing season.

By keeping leaves in your landscape you are:

- eliminating the costs and energy expended to have them hauled away
- keeping nutrients contained within the environment that generated them
- adding to the overall health of your gardens
- recycling this material into a new and valuable resource for your landscape!

*If you have questions about composting or want to purchase a starter bin, please call Annmarie Creamer at the Office of Recycling at 301-600-7405 or send email to [ACreamer@FrederickCountyMD.gov](mailto:ACreamer@FrederickCountyMD.gov).*

## Green Paper Products

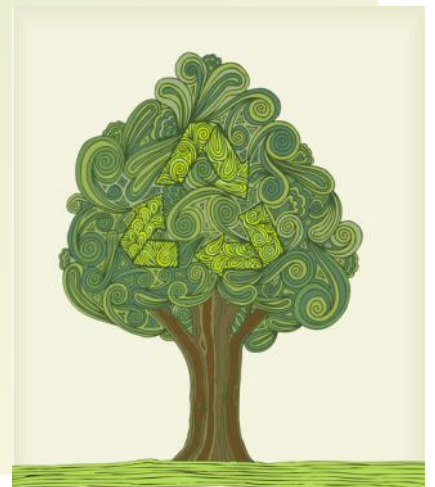
**98% of commonly purchased household paper products are made by cutting down trees for virgin fiber!**

Wood-based paper products can be manufactured using virgin fiber harvested from trees or from recycled fibers harvested from used paper. Kleenex, Puffs, Charmin, Bounty...most of the familiar name brands are manufactured using 100% virgin paper fiber. But small changes in what households purchase can make big differences for the environment—and the recycling industry. According to a report by MSNBC:

- One million trees would be saved if every U.S. household replaced just one 250-count package of virgin fiber napkins with 100 percent recycled ones.
- 544,000 trees would be saved if all U.S. households replaced just one 70-sheet roll of virgin fiber paper towels with a recycled product instead.

Tissues, toilet paper and office paper products made with recycled content are readily available. These items not only preserve forest land but also conserve water, energy and other resources used in paper manufacturing. Purchasing these items also supports the paper recycling industry by creating demand for its product.

Ready to make a switch? Most grocery stores now carry recycled-content options; try looking for products from companies like Seventh Generation or Marcal. Marcal has been using recycled paper for their products since the 1950's and now offers the "Small Steps" line of 100% recycled tissues, towels and papers. If you've tried recycled-content papers in the past but didn't like the feel, you might be surprised at the softness, thickness and quality of these!



## *Business Recycling...Putting Your Good Habits To Work!*

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### **Got pallets? Need pallets?**

It is not unusual to see pallets stockpiled behind a business. Not only are they unsightly, but they can also present a fire hazard. Reusing pallets is the ideal way to handle surplus pallets. It is recommended that businesses contact their vendors and request that they backhaul the pallets. If this option is not available then businesses can participate in the Department of Solid waste Management's (DSWM) pilot pallet exchange program.

Currently, businesses that either have reusable pallets or need pallets should e-mail DSWM's Commercial Recycling Program Coordinator, Dave Helmecki, at [Dhelmecki@FrederickCountyMD.gov](mailto:Dhelmecki@FrederickCountyMD.gov). Please indicate if you have pallets or need pallets, how many you have, if you are able to either deliver or pick-up, and do you get/need a regular supply of pallets. The county assumes no responsibility for the condition, quality, quantity or other aspects of the pallets in this program. Dave will work to match up the businesses involved (although it should be noted that there is no guarantee that all pallets can be taken or that businesses will have access to pallets upon request.) Eventually, it is planned that the pallet exchange program will be self administering, allowing both parties to contact each other directly.

Businesses that have unusable or unclaimed pallets can ensure that these items find new life by taking them to the DSWM facilities on Reichs Ford Road (current tipping fees for disposal will prevail) where they will be offered to residents for reuse (great for constructing home composting bins!) or ground up and used to make mulch.

For more information please contact Dave Helmecki at [Dhelmecki@FrederickCountyMD.gov](mailto:Dhelmecki@FrederickCountyMD.gov) or 301-600-7404

### **Recycling the Fitz Auto Mall Way**

Many Frederick County residents are familiar with Fitzgerald Auto Mall as a local dealership with a wide assortment of cars and trucks to choose from. What many may not know is that the Fitz Auto Mall staff is as dedicated to recycling and "thinking green" as they are customer service. Both of the dealership's locations (114 Baughman's Lane and 5640 Buckeystown Pike) have conveniently located recycling containers throughout the facilities. And their efforts don't stop there. They have also developed an Environmental Management System (EMS) that addresses all aspects of their operations. Like any sound environmental policy it starts with a commitment by everyone within the company. The EMS statement reads:

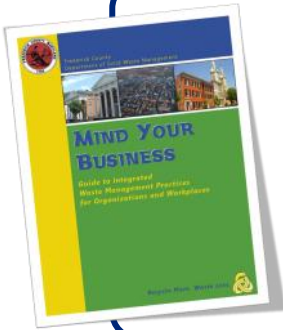
***We are committed to:***

- *Ensuring an environmentally safe working environment for our associates, customers and the surrounding environment.*
- *Reducing the environmental impact of our products and services whenever possible.*
- *Meeting or exceeding the requirements of all environmental laws and regulations.*
- *Continually assessing and monitoring our environmental programs aimed at reaching or exceeding our environmental goals.*
- *Creating a culture of awareness and commitment to Fitzgerald Auto Mall's Environmental Quality Policy*

Fitz Auto Mall has taken this environmental policy and translated it into actionable items. The company is committed to recycling 80% of the solid waste generated at each of their facilities. From scrap metal to fluorescent light bulbs, Fitzgerald recycled more than 4 million pounds of materials in 2009. Just as recycling plays an important role, purchasing recycled materials is also a big component of the company's commitment to sustainability. Fitzgerald's policy requires that the purchasing of office supplies prioritizes selection of recycled materials. From office paper to business cards, this has been a cost effective and environmentally friendly program. For 2009, they achieved a rate of 28% recycled materials purchased.

Fitzgerald Auto Mall is an ISO 14001 registered company. For more information please contact: Jerry Roberts at [robertsj@FitzMall.com](mailto:robertsj@FitzMall.com).





## Free Guidebook for Businesses

Frederick County has a free guide to waste management for organizations and workplaces, 'Mind Your Business: Guide to Integrated Waste Management for Organizations and Workplaces'. This invaluable handbook is full of facts, figures and resources to help local businesses become more "green." It includes step-by-step plans for starting, maintaining and expanding business recycling programs. The guidebook can be viewed or printed on our website:

[www.FrederickCountyMD.gov/businessrecycle](http://www.FrederickCountyMD.gov/businessrecycle)

*Did You Know...The 29 billion plastic water bottles produced for use in the United States each year require the equivalent of 17 million barrels of crude oil. Most plastic packaging does not biodegrade in a landfill environment. Please recycle this valuable resource!*

## Answers to the Page 6 Quiz

1. New products include: carpeting, poly-fill for coats and sleeping bags, fleece jackets, polyester fabric and yarn, playground equipment, plastic lumber, plastic auto parts, and new bottles too!
2. True! Recycled glass is utilized in concrete, road beds, pavement and parking lots. It is also melted into rounded glass pellets or beads and used in reflective paint for highways.
3. No later than 6am of your collection day.
4. Each ton of recycled paper can save 17 trees, 380 gallons of oil, three cubic yards of landfill space, 4000 kilowatts of energy, and 7000 gallons of water. This represents a 64% energy savings, a 58% water savings, and 60 pounds less of air pollution when compared to making virgin paper from trees! Recycled paper requires less total energy to manufacture than virgin paper, even when factoring in energy required to collect and transport recovered paper compared to energy used to harvest and transport timber.
5. No! The fibers in low-grade paper such as tissues, and paper towels are not suitable for recycling.
6. False! According to the EPA, the average American generates 4.5 pounds of trash per day.
7. Yes! Large plastic items can be dropped off in the collection bin specially designated for them at the recycling center of the DSWM facilities on Reichs Ford Road.
8. Not completely. Containers are required to be *empty* but not spotless! Rinsing is recommended to minimize pests and odors, however small amounts of food residue will burn off when materials are heated and processed for recycling into new products.
9. The average American office worker uses 10,000 sheets of paper in one year.
10. False. Recycling carts are the property of Frederick County Government. Carts should remain at the house they are assigned to, even if the residents move. Carts are a valuable investment in the County recycling program and should never be defaced, intentionally damaged or used for purposes other than recycling.



## Frederick County Department of Solid Waste Management

9031 Reichs Ford Road  
Frederick, MD 21704

Office of Recycling: 301-600-2960  
E-mail: [recycle@FrederickCountyMD.gov](mailto:recycle@FrederickCountyMD.gov)  
Landfill: 301-600-1848



*Recycling service questions and concerns, including requests for recycling carts, pick-up schedule inquiries, missed collections, etc., should be directed your contracted service provider—Allied Waste Services—by calling 301-694-6498 or sending email to: [frederickrecycles@republicservices.com](mailto:frederickrecycles@republicservices.com)*

## Upcoming Events and Dates to Remember

### September 6–11

#### Labor Day Holiday Week

*All DSWM facilities will be closed and there will be no curbside recycling collection on Monday, September 6. **ALL recycling collection days will shift one day later than their normal pick up for the remainder of the week.** (Refer to the chart below to see the shifted schedule.)*

Regular Pick-up Day		Holiday Week Pick-up Day
Monday September 6	→	Tuesday September 7
Tuesday September 7	→	Wednesday September 8
Wednesday September 8	→	Thursday September 9
Thursday September 9	→	Friday September 10
Friday September 10	→	Saturday September 11

### September 11

#### Frederick's 'In the Street'

*Come celebrate our community at this popular festival! Office of Recycling staff will host an information and activity booth in the "Going Green" block—an area that features organizations that strive for sustainability.*

### September 17–25

#### The Great Frederick Fair

*The 148th annual event continues the Great Frederick Fair's dedication to "Focus Forward on Green". Recycling receptacles will be located throughout the fairgrounds and Office of Recycling staff will host a booth to answer questions, play recycling games and teach about waste reduction. Stop by to learn something new—and win a prize too!*

### September 29– October 1

#### Tot Swap

*Do you know about the biggest consignment sale around ? This is a great way to reduce and reuse—and find some bargains too! More info on page 3, or visit : [www.totswap.net](http://www.totswap.net)*

### October 23

#### Fall Household Hazardous Waste Drop Off Day

*Hazardous wastes are not accepted in Frederick County's recycling program, but should be kept out of the environment—and our landfill. Join us for our free drop-off of residential hazardous materials: 8am-12pm at 8349 Reichs Ford Road. More information available on our website: [www.FrederickCountyMD.gov/hazwaste](http://www.FrederickCountyMD.gov/hazwaste)*